



30. Warendorfer Emssee Jubiläums-Volkslauf

Warendorf / 05.09.2009

Detailed evaluation

Ewert, Andreas

Club: LC Solbad Ravensberg

Number: 662

Course: 5.00 km

Jedermannlauf

Category:

Männer M45

Total time: 19:19

Speed: 15.53 km/h

Running performance: 3:52 min/km

Rank in course/Total: 8 (of 75)

Rank in course/Men: 8 (of 52)

Best time in course: 17:51

Rank in category: 1(of 6)

Best time in the category: 19:19